



Untitled for Now: A Book Club Guide

Book Summary:

When Helen wakes up in a mental hospital, her mind is shattered, her memories are gone, and she clings to the comfort of not remembering. As she faces her painful past, Helen embarks on a gripping journey through her turbulent life. From enduring a traumatic childhood and teenage rebellion to navigating young motherhood and witnessing horrifying acts of violence, Helen's resilience shines. Despite carrying a dark secret, she successfully rebuilds her life. However, when her past catches up with her, she reaches a breaking point.

About the Author:

When Desiree Moore decided to write a book based on her life story, she struggled to determine where to begin and end.

However, after a chance encounter with a long-forgotten friend, Desiree realized her memories were not all intact, and she was inspired to create Helen—a woman with dissociative amnesia. Desiree used Helen as a vessel to tell her story about being raised by addicts, teen pregnancy, child loss, and the overwhelming guilt she has carried with her through life. Although a work of fiction, this story is the most honest thing Desiree has ever done.

Discussion Questions:

First Impressions: Based on the title, cover, and blurb, what were your initial expectations of the book? How did the actual story compare?

Main Characters: Which character did you connect with the most and why? Were there any characters you didn't particularly like?

Setting: How did the setting contribute to the story?

Dual Timelines: Does the author effectively use the dual timeline structure to unravel Helen's story? What impact does this have on your understanding of her character?

Themes: What major themes did you identify in the book? How do they relate to current events or personal experiences?

Plot Twists: Were there any plot twists that surprised you? Which events did you see coming?

Author's Writing Style: How would you describe the author's writing style? Did it enhance or detract from the story for you?

Quotable Moments: Were there any quotes or passages that particularly stood out to you? Why?

Moral Dilemmas: Were there decisions made by characters that made you question what you would do in the same situation?



Book's Pacing: Did you feel the story was well-paced or were there parts where it dragged or felt rushed?

Alternate Endings: If you could change the ending of the book, how would you rewrite it?

Backstories: Were there characters you wish had more of a backstory or depth?

Emotional Reactions: Which scenes elicited strong emotional reactions, whether positive or negative?

Book's Title: After finishing the book, do you feel the title was appropriate? Can you think of a different title that might fit better?

Outside Research: Did this book inspire you to research or learn more about a particular topic?

Adaptations: Would this book make a good movie or TV series? Who would you cast in the lead roles?

Author's Intention: What do you think the author hoped to achieve with this story? Do you believe they were successful?

Personal Reflection: Has this book changed your perspective on any particular issue or reaffirmed beliefs you already had?